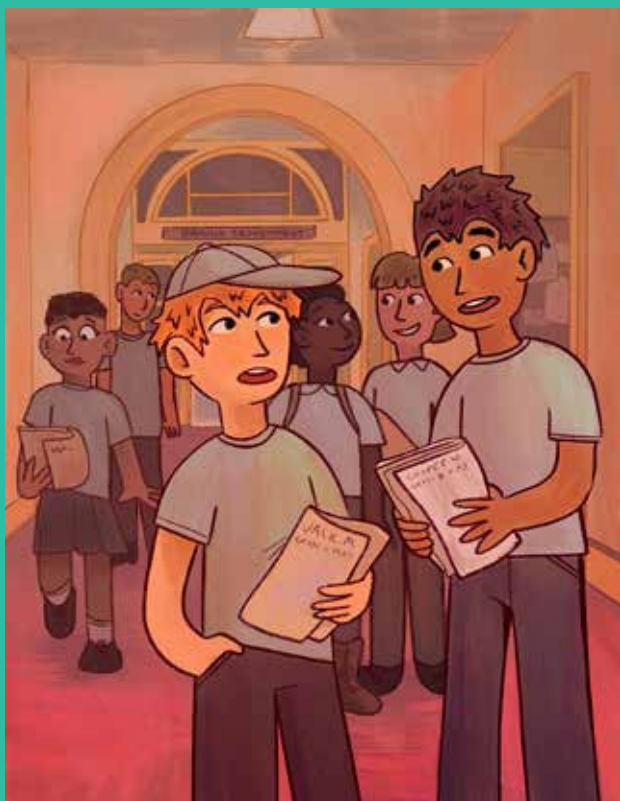


Cooper helps Jack make a plan

A story about supporting friends and family



Mary Koolhof

Illustrated by Mich Oliver

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Cooper caught up with his friend.

'Hey, Jack! *What's up?*' he asked.

'Why do you keep forgetting your lines?'

Jack shrugged. 'It's nothing,' he said.

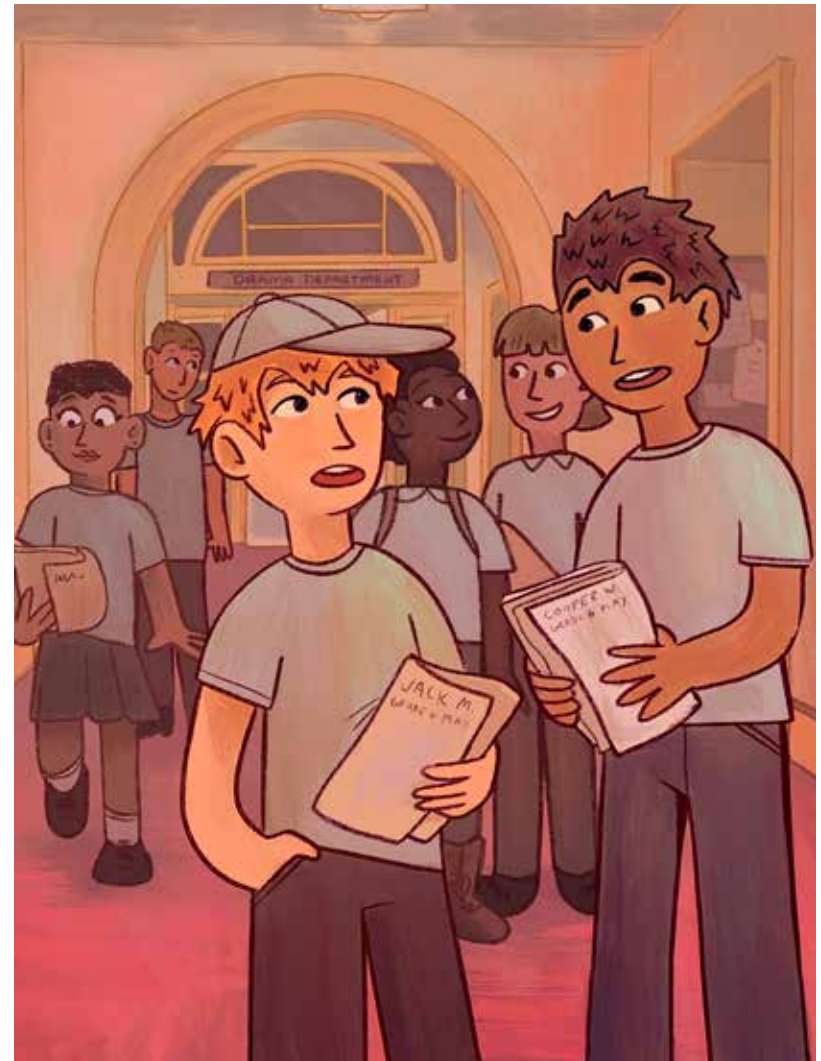
Cooper was worried.

'Are you *OK?* Is something going on?'

'Yeah, there is something...,' Jack sighed.

'It's Uncle Brad,' he told Cooper.

'Something happened last night...'



'He's a chef, isn't he?' Cooper asked.

'I remember the spaghetti bolognese he cooked us after the Grand Final last year. Yum! I wouldn't mind some of his *pasta* now...'

'Yeah, not much chance of that,' said Jack. 'He might lose his job.'

'What? No way. He *loves* that job!'

'Yeah, he always wanted to be a chef, right from high school,' said Jack.

'He was stoked when he landed that job.'



'So, *what's going on?*' Cooper asked.

Jack looked down. 'I heard Mum talking to him last night. She thinks he's on some stuff,' Jack told him.

'*Stuff?* What do you mean?'

'Well, after Mum got off the phone I asked her what was going on. She told me Uncle Brad's started using ice.

'She said it was hard for her to tell me – I look up to him, I guess. And I love going fishing with him,' Jack said.



'Ice!' said Cooper. 'Like, the drug?'

'Yeah.' Jack looked *miserable*.

'So ... ?' Cooper asked. 'I heard that stuff makes you feel wired!'

'That's what Brad told Mum,' Jack said. 'He said at first it made him feel unbelievable.'

Cooper looked *confused*. 'So, what's the problem?'

'Mum heard he's been acting weird at work,' Jack said.



'What do you mean, "weird"?' asked Cooper.

'Getting mad at people for no reason. The apprentice walked out, crying. His boss wasn't too happy,' Jack said.

'Then Uncle Brad started forgetting things. On Friday he forgot to put the meat order in for the weekend, so no meat arrived for the counter meals. His boss gave him a *warning*.'

'And ... ?' Cooper asked.

'Mum told me it's because of the stuff he's smoking.'

'Smoking? You mean ice?'



'Yes,' said Jack. 'Ice.'

'Oh,' said Cooper. 'Your mum must be really *worried.*'

'Yeah, she is. And she doesn't want me to spend time alone with him while he's on ice. She said it might not be safe.'

'Wow,' said Cooper. 'That's serious.'

'Yeah, and that's not the worst of it,' said Jack.

'He's started missing footy training, too. Lost his chance of getting picked in the draft!'



Lily came up to them with her gymnastics bag over her shoulder.

'Who's missing training?' she asked. 'Not me! I'm going for the state team!'

The boys *smiled* at her. 'You'll probably get in, too. After winning the schools' championship...'



'Better stay off the ice, then,' said Jack.

'Why, who's using that?' asked Lily.

'Uncle Brad,' Jack told her.

'You won't catch me on that stuff!' Lily said.

'My sister's friend Sophie started using last year. She's had a really *hard time!*'

'I remember her,' said Jack. 'She's older than us. She's at TAFE, isn't she?'

'I've heard she's really up and down. She seems really *stressed* – she doesn't seem like the old Sophie. Is that all because she's using ice?' Cooper asked.

'Yeah, it's awful,' Lily said.



'And Sophie's having a baby, I think,' Cooper said.

'Well, she'd better stop using ice, then!' said Jack. 'I've heard it's bad for the baby when you're pregnant.'

'Can you get off that stuff?' Cooper asked. 'I heard ice really sucks you in. And it's hard to stop.'

'Apparently she saw this ad, and rang a 24-hour *helpline*. They were really good. They listened to her and gave her some ideas of what she could do,' Lily said.



'*Ideas*? Like what?' Cooper asked.

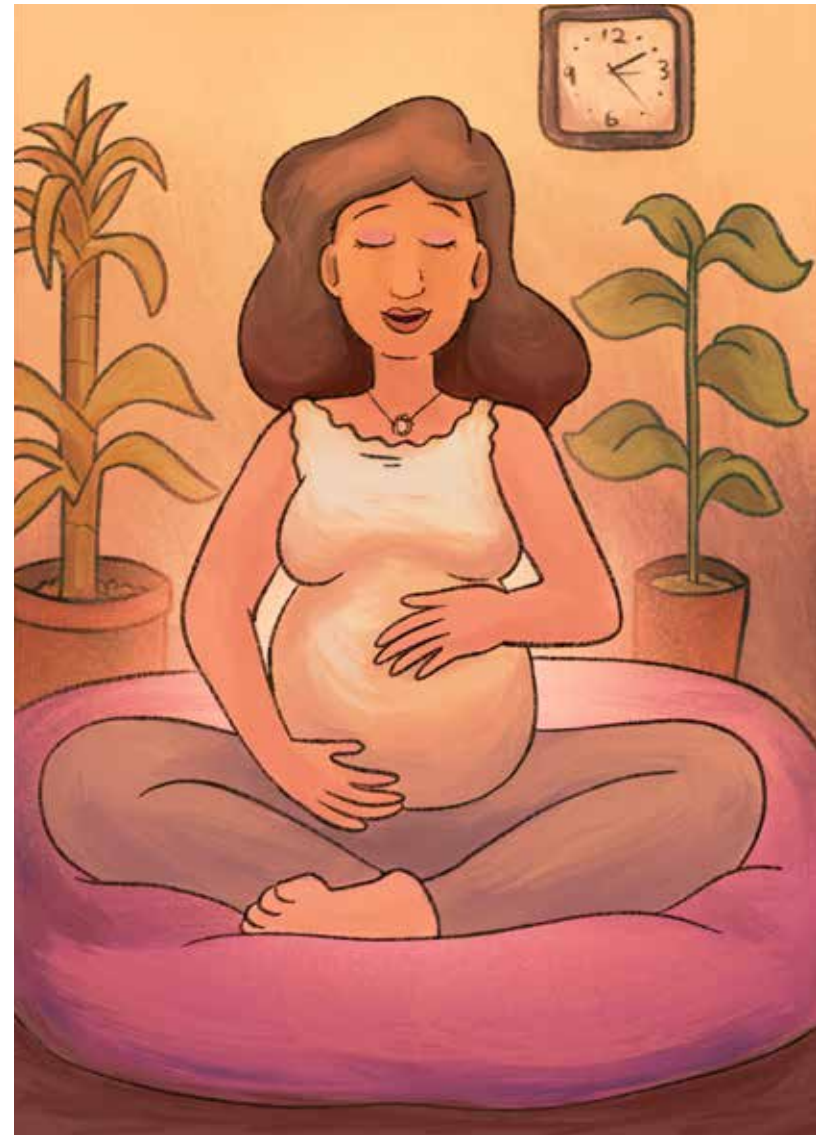
'How she could look after herself better, and where to find a good drug and alcohol counsellor.'

'I heard Sophie's doing much better now,' Lily said.

'She started going to counselling. They've really helped her work out a plan to deal with the cravings and get any *extra help* she needs.'

'I bet she can find people to help with the baby as well!' Jack said.

'Yeah. My sister wants to support her, too,' Lily said.



'Nobody tells you about the problems when you start using,' Lily said. 'Sophie had saved a lot of money and lost almost all of it.'

'Yeah, Mum says the ice dealers have taken a fortune off Uncle Brad,' Jack said. 'He might even have to sell his ute!'

Cooper got out his phone.

'Hey, I've got an idea! I saw an ad on TV last night,' Cooper said. 'There are places you can call that *help*.'



Lily looked over Cooper's shoulder.

'Looks like there's help available, including seeing a counsellor one-on-one.'

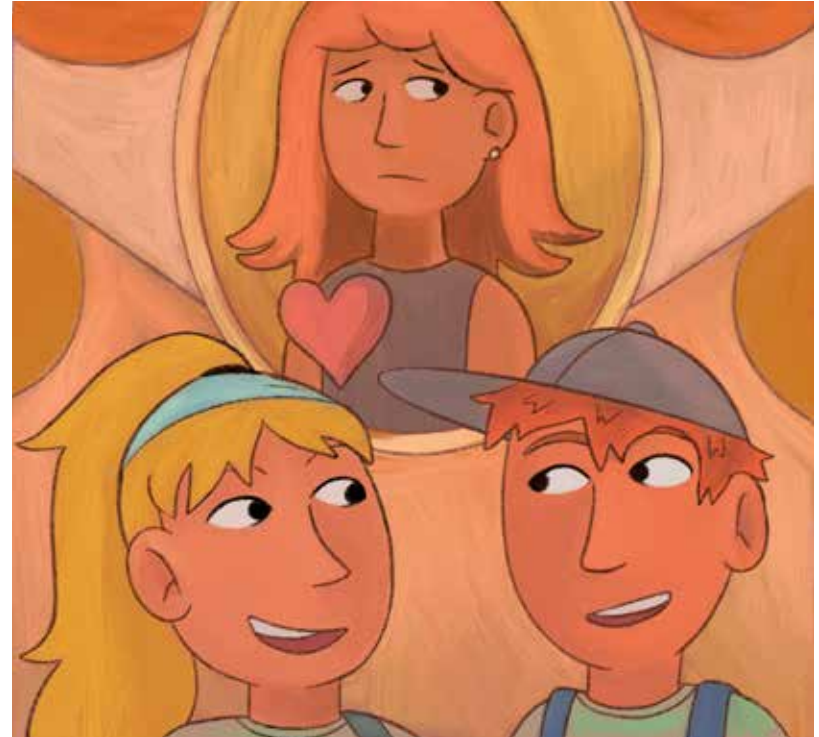
'There's also a number you can call if you're worried about **friends** or **family**. There's even a number for kids to call,' Cooper told her.



'That might be good for Uncle Brad,' said Jack. 'I'll tell Mum. She's been really stressing about him.'

'Maybe they could *support* your mum with ideas for helping Brad,' said Lily.

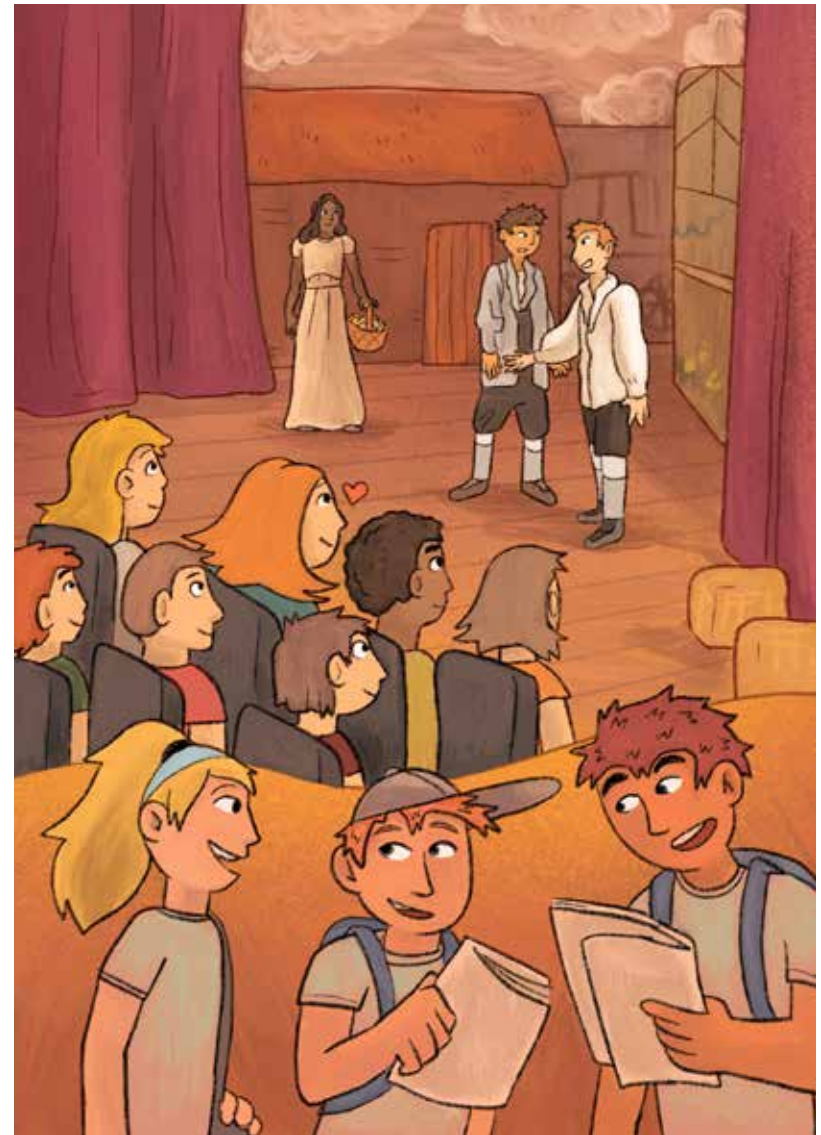
'Right,' said Jack. 'I'll tell her.'



'OK, do you want to go over those lines again?' asked Cooper.

'*Great idea,*' said Jack. 'I've got to know this stuff by Friday. Mum's coming to the opening night.'

'I'll be there, too!' Lily smiled.



Disclaimer

Cooper and Jack aren't real people and the characters in this book are fictional.

We acknowledge there are quite a few children who know someone on ice, and that can be tough.

Here are some of the ways families can access help and support:

Find out the facts

Websites:

- Counselling Online: www.counsellingonline.org.au/
- Cracks in the Ice: www.cracksintheice.org.au
- Drug Education Network: www.den.org.au
- Everybody's Business: www.everybodysbusiness.com.au
- Get the effects by txt: 0439 tell me e.g. "About ice".

You can
get help

Get some help:

- www.findhelptas.org.au
- Kids Help Line: 1800 55 1800, www.kidshelpline.com.au
- Pulse Youth Health South: 6166 1421, www.facebook.com/pulse.yhs/
- Youth Health Team North: 6777 4422, www.health.tas.gov.au/service_information/service_delivery_points/youth_health_program_-_north
- Youth Health Team Northwest: 0400 333 608, www.health.tas.gov.au/service_information/service_delivery_points/youth_health_team_-_north_west

Resources for Everyone:

- Family Drug Support: www.fds.org.au
- Family Drug Help: www.familydrughelp.com.au
- 24-hour Alcohol and Drug Information Service: www.reachout.com
- Alcohol and Drug Service: 1300 85 85 84, www.adf.org.au
- Anglicare Drug and Alcohol Treatment and Support Services: www.anglicare-tas.org.au/support-for-alcohol-and-other-drugs/
- Holyoake: 6224 1777, www.holyoake.com.au
- Salvation Army Drug and Alcohol Services: 1800 888 236, www.salvationarmy.org.au/need-help/alcohol-and-other-drug-services/
 - Youth Family & Community Connections: www.yfcc.com.au/
 - The Link Youth Health Service: www.thelink.org.au/
 - Alcohol Tobacco and other Drugs Council Tasmania: www.atdc.org.au/service-directory/

Professional
advice is
available

This book has been developed for children by the Brighton Local Drug Action Team. This work has been a collaborative partnership between the members of the Brighton community, The Salvation Army Communities for Children (CfC), the Drug Education Network (DEN), Jordan River Services (JRS) and Bridgewater Police and Community Youth Club (PCYC). The Australian Drug Foundation provided seed funding to assist with the creation and publication of this resource.

The Salvation Army Communities for Children program aims to improve the health, development and wellbeing of children up to the age of 12 and their families through innovative early intervention and prevention programs. Communities for Children provides support for parents and children to improve children's safety as well as family functioning.

The program promotes social inclusion to ensure families are connected to local communities. Activities and resources focus on supporting parents to raise children who are confident individuals with the capacity to reach their full potential.

For further information about Communities for Children South East Tasmania, please visit the website www.cfctas.org.au

Cooper helps Jack make a plan aims to develop young people's understanding of the effects of ice use. It is written to raise awareness of some of the social and health impacts of using ice, and the support available for family and friends of people impacted by ice.

The book aims to promote discussion between children and adults about getting support for people impacted by drug use. The book also provides details of places in the community and online where young people can seek help or find out facts.

Other books available in this series developed and produced by The Salvation Army Communities for Children South East Tasmania are:

Waiting for Dad – A story about imprisonment of a parent or close family member suitable for children 9-12 years

Tahlia and Jasmin plan a party – A story about the effects of drinking alcohol suitable for children 9-12 years

My brother Sam – A story about bullying suitable for children under 7 years

Alicia helps Bec take a stand – A story about cyberbullying suitable for children 9-12 years

Tom and Jamal speak up – A story about cybersafety suitable for children 9-12 years

Jake and Emily work it out – A story about making decisions suitable for children 9-12 years

This is a Salvation Army Communities for Children South East Tasmania initiative, funded by The Australian Government of Social Services.





Cooper helps Jack make a plan is written for children and pre-teens to develop awareness of how drugs like ice affect people. It also includes strategies for accessing information and support.

Cooper helps Jack make a plan is suitable for children aged 9-12.

Mary Koolhof

Author



Mary Koolhof is a teacher and writer who has been involved in many programs supporting children and young people in Tasmania. She has great respect for the work done by The Salvation Army through Communities for Children and is very pleased to be able to support this work.

Mich Oliver

Illustrator



Mich Oliver is a professional animator and cartoonist who specialises in character design and comics. He is Melbourne based but also does collaborative work over-seas. He has previously worked for Blue Rocket Productions as a background design and character rigger. He is currently working on comics and hand-drawn animation for personal based projects.

This book does not support or make reference to young people using drugs.

